

Dr. Matt Cole

Senior Lecturer in Sport and Exercise Nutrition, School of Health Sciences at Birmingham City University

Birmingham, , GB

Dr. Matt Cole is an expert in the influence of nutritional interventions on gross efficiency during cycling.

Biography

As a registered sport and exercise nutritionist, Matt has provided nutrition support to a variety of elite athletes and teams, as well as being part of the anti-doping team at the 2012 London Olympic Games. Matt has significant experience of teaching and leadership in the higher education sector, and has taught across a range of sports-related degree programmes at both undergraduate and postgraduate level. He has also presented at international sports science conferences and published research in a number of peer-reviewed journals. His main interests lie in endurance sport - whether it is undertaking research on distance cyclists, providing nutrition support to local athletes or running marathons.

Areas of Expertise

Ergogenic Aids/Anti-Doping, Endurance, Performance Nutrition, Dietetics, Exercise Pyshiology

Affiliations

Sport and Exercise Nutrition Register, British Dietetic Association

Selected Event Appearances

Ingestion of a carbohydrate drink during exercise attenuates the ?normal? decrease in cycling efficiency

American College of Sports Medicine Annual Conference

Carbohydrate ingestion improves gross cycling efficiency & subsequent time trial performance

Presented at European College of Sports Science

Education

University of Kent

Ph.D. Sports Science

Loughborough University

M.Sc. Sport and Exercise Nutrition

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